

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 01116, Yogurt, plain, whole milk, 8 grams protein per 8 ounce

Report Date: December 09, 2015 14:22 EST

Nutrient values and weights are for edible portion.

## Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	0.5 container (4 oz) 113g	1 cup (8 fl oz) 245g
<b>Proximates</b>								
Water	g	87.90	--	--	149.43	199.53	99.33	215.36
Energy	kcal	61	--	--	104	138	69	149
Energy	kJ	257	--	--	437	583	290	630
Protein	g	3.47	--	--	5.90	7.88	3.92	8.50
Total lipid (fat)	g	3.25	--	--	5.52	7.38	3.67	7.96
Ash	g	0.72	--	--	1.22	1.63	0.81	1.76
Carbohydrate, by difference	g	4.66	--	--	7.92	10.58	5.27	11.42
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	4.66	--	--	7.92	10.58	5.27	11.42
<b>Minerals</b>								
Calcium, Ca	mg	121	--	--	206	275	137	296
Iron, Fe	mg	0.05	--	--	0.08	0.11	0.06	0.12
Magnesium, Mg	mg	12	--	--	20	27	14	29
Phosphorus, P	mg	95	--	--	162	216	107	233
Potassium, K	mg	155	--	--	264	352	175	380
Sodium, Na	mg	46	--	--	78	104	52	113
Zinc, Zn	mg	0.59	--	--	1.00	1.34	0.67	1.45
Copper, Cu	mg	0.009	--	--	0.015	0.020	0.010	0.022
Manganese, Mn	mg	0.004	--	--	0.007	0.009	0.005	0.010
Selenium, Se	µg	2.2	--	--	3.7	5.0	2.5	5.4
Fluoride, F <sup>1</sup>	µg	12.0	9	--	20.4	27.2	13.6	29.4
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.5	--	--	0.8	1.1	0.6	1.2

Nutrient	Unit	1 Value Per100 g			1 container (6 oz) 170g	1 container (8 oz) 227g	0.5 container (4 oz) 113g	1 cup (8 fl oz) 245g
		Data points	Std. Error					
Thiamin	mg	0.029	--	--	0.049	0.066	0.033	0.071
Riboflavin	mg	0.142	--	--	0.241	0.322	0.160	0.348
Niacin	mg	0.075	--	--	0.128	0.170	0.085	0.184
Pantothenic acid	mg	0.389	--	--	0.661	0.883	0.440	0.953
Vitamin B-6	mg	0.032	--	--	0.054	0.073	0.036	0.078
Folate, total	µg	7	--	--	12	16	8	17
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	7	--	--	12	16	8	17
Folate, DFE	µg	7	--	--	12	16	8	17
Choline, total	mg	15.2	--	--	25.8	34.5	17.2	37.2
Vitamin B-12	µg	0.37	--	--	0.63	0.84	0.42	0.91
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	27	--	--	46	61	31	66
Retinol	µg	27	--	--	46	61	31	66
Carotene, beta	µg	5	--	--	8	11	6	12
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	99	--	--	168	225	112	243
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	0.10	0.14	0.07	0.15
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.2	0.2	0.1	0.2
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.2	0.2	0.1	0.2
Vitamin D	IU	2	--	--	3	5	2	5
Vitamin K (phylloquinone)	µg	0.2	--	--	0.3	0.5	0.2	0.5
<b>Lipids</b>								
Fatty acids, total saturated	g	2.096	--	--	3.563	4.758	2.368	5.135
4:0	g	0.096	3	--	0.163	0.218	0.108	0.235
6:0	g	0.066	3	--	0.112	0.150	0.075	0.162
8:0	g	0.042	3	--	0.071	0.095	0.047	0.103
10:0	g	0.093	3	--	0.158	0.211	0.105	0.228
12:0	g	0.111	3	--	0.189	0.252	0.125	0.272

Nutrient	Unit	1 Value Per100 g	Data points			Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	0.5 container (4 oz) 113g	1 cup (8 fl oz) 245g
14:0	g	0.343	3	--	--		0.583	0.779	0.388	0.840
16:0	g	0.886	3	--	--		1.506	2.011	1.001	2.171
18:0	g	0.317	3	--	--		0.539	0.720	0.358	0.777
Fatty acids, total monounsaturated	g	0.893	--	--	--		1.518	2.027	1.009	2.188
16:1 undifferentiated	g	0.071	3	--	--		0.121	0.161	0.080	0.174
18:1 undifferentiated	g	0.743	3	--	--		1.263	1.687	0.840	1.820
20:1	g	0.000	--	--	--		0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	--		0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.092	--	--	--		0.156	0.209	0.104	0.225
18:2 undifferentiated	g	0.065	3	--	--		0.110	0.148	0.073	0.159
18:3 undifferentiated	g	0.027	3	--	--		0.046	0.061	0.031	0.066
18:4	g	0.000	--	--	--		0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	--		0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	--		0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	--		0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	--		0.000	0.000	0.000	0.000
Cholesterol	mg	13	--	--	--		22	30	15	32
<b>Amino Acids</b>										
Tryptophan	g	0.020	--	--	--		0.034	0.045	0.023	0.049
Threonine	g	0.142	--	--	--		0.241	0.322	0.160	0.348
Isoleucine	g	0.189	--	--	--		0.321	0.429	0.214	0.463
Leucine	g	0.350	--	--	--		0.595	0.794	0.395	0.858
Lysine	g	0.311	--	--	--		0.529	0.706	0.351	0.762
Methionine	g	0.102	--	--	--		0.173	0.232	0.115	0.250
Cystine	g	0.032	--	--	--		0.054	0.073	0.036	0.078
Phenylalanine	g	0.189	--	--	--		0.321	0.429	0.214	0.463
Tyrosine	g	0.175	--	--	--		0.298	0.397	0.198	0.429
Valine	g	0.287	--	--	--		0.488	0.651	0.324	0.703
Arginine	g	0.104	--	--	--		0.177	0.236	0.118	0.255
Histidine	g	0.086	--	--	--		0.146	0.195	0.097	0.211
Alanine	g	0.148	--	--	--		0.252	0.336	0.167	0.363
Aspartic acid	g	0.275	--	--	--		0.468	0.624	0.311	0.674
Glutamic acid	g	0.679	--	--	--		1.154	1.541	0.767	1.664

Nutrient	Unit	1 Value Per100 g	Data points			Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	0.5 container (4 oz) 113g	1 cup (8 fl oz) 245g	
Glycine	g	0.084	--	--	--		0.143		0.191	0.095	0.206
Proline	g	0.411	--	--	--		0.699		0.933	0.464	1.007
Serine	g	0.215	--	--	--		0.366		0.488	0.243	0.527
<b>Other</b>											
Alcohol, ethyl	g	0.0	--	--	--		0.0		0.0	0.0	0.0
Caffeine	mg	0	--	--	--		0		0	0	0
Theobromine	mg	0	--	--	--		0		0	0	0
<b>Flavonoids</b>											
Isoflavones											
Daidzein <sup>2</sup>	mg	0.00	1	--	--		0.00		0.00	0.00	0.00
Genistein <sup>2</sup>	mg	0.00	1	--	--		0.00		0.00	0.00	0.00
Total isoflavones <sup>2</sup>	mg	0.00	1	--	--		0.00		0.00	0.00	0.00

**Sources of Data**

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

<sup>2</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298